

2 Days a Week Total Body Workout Routine for Beginner Male and Female

Created by [Murshid Akram](#)

Administrator of the [Thefitnessphantom.com](#)

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If you are a newbie and recently decided to get fit and strong, you can do this 2-day full-body workout plan.

You'll do a couple of exercises for each muscle in this 2-day total body workout routine that can help you boost strength and beef up muscles over time.

This two days workout program includes various compound workouts that will help you build up several muscles simultaneously.

You'll need gym access to do this workout program. However, if you work out at home, you can follow this [bodyweight home workout routine](#).

Make sure you warm-up for at least 5 minutes to get yourself ready to lift weights. You can do treadmill runs, bicycling, jumping jacks, or burpees as warm-up exercises.

Day 1

Exercise	Muscles Worked	Reps	Rest
Smith Machine Back Squat	Legs	15, 12, 10	2-3 mins
Dumbbell Lunges	Legs	10 x 2	1-2 mins
Bench Press	Chest	10 x 2	2-3 mins
DB Incline Bench Press	Chest	10 x 2	2-3 mins
Overhead Press	Shoulder	10 x 2	2-3 mins
Upright Row	Shoulder, Back	10 x 2	2-3 mins
Bench Dips	Triceps	10 x 2	1-2 mins

Day 2

Exercise	Muscles Worked	Reps	Rest
Conventional Deadlift	Legs and Back	6, 5, 4	2-3 mins
Lat Pulldown	Back	10 x 2	1-2 mins
Seated Cable Rowing	Back	10 x 2	2-3 mins
Single Arm DB Rowing	Back	10 x 2	2-3 mins
Face pull	Rear Delt & Upper Trap	10 x 2	2-3 mins
Barbell Curl	Biceps	10 x 2	2-3 mins
Hamstring Curl	Hamstrings	10 x 2	1-2 mins
Glutes Bridge	Glutes	10 x 2	1-2 mins

List of Exercises with how-to instructions that you can use in your workout schedule.

1. [20+ Dumbbell Compound Exercises](#)
2. [Best Chest And Shoulder Workout To Build Muscle](#)
3. [Top 7 Back Workout For Mass Gain](#)
4. [Dumbbell Leg Exercises \(An Ultimate Guide\)](#)
5. [Best Glute And Hamstring Workout](#)
6. [Biceps And Triceps Workout At The Gym \(With PDF\)](#)

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If you want a personalized workout plan for yourself based on fitness level and goal, drop a message.